

MARK PONSTEIN, PT, DPT, MTC, OCS

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EMPLOYMENT

Avera Therapy (Sioux Falls, SD)

Staff Physical Therapist

Avera Fitness Center- Outpatient Orthopedics

MAR 2015 – Current

University of South Dakota: Department of Physical Therapy

Adjunct Graduate Faculty

JUN 2016 - Current

Sanford Health (Fargo, ND)

Staff Physical Therapist

Southpointe Clinic- Outpatient Orthopedics

MAR 2015 – FEB 2016

Sanford Health (Sioux Falls, SD)

Staff Physical Therapist

Outpatient Orthopedics

Inpatient Hospital

MAY 2010 – FEB 2015

JUL 2009 - MAY 2010

EDUCATION

Orthopaedic Manual Physical Therapy Fellowship Program

Evidence in Motion

Fellow-in-Training

JAN 2017- Current

Manual Therapy Certification Program

Evidence in Motion

JAN 2012-JAN 2014

Missouri State University (Springfield, MO)

Doctor of Physical Therapy (DPT)

AUG 2006 – MAY 2009

Augustana College (Sioux Falls, SD)

Bachelor of Arts – Exercise Science Major

SEP 2002-MAY 2006

CERTIFICATIONS

Board-Certified Orthopaedic Clinical Specialist (OCS)

American Physical Therapy Association

JUL 2016- Current

Manual Therapy Certified (MTC)

Evidence in Motion Institute of Health Professions

JAN 2014

Selective Functional Movement Assessment (SFMA): Level I & II

MAY 2013

PROFESSIONAL ORGANIZATIONS

American Academy of Orthopaedic Manual Physical Therapists (AAOMPT)

American Physical Therapy Association (APTA)

Orthopaedic Section Member- APTA

TEACHING

Evidence in Motion, Teaching Assistant

Management of Lumbopelvic Disorders Weekend Intensive Course	AUG 11-12, 2017
Management of Upper Extremity Disorders Weekend Intensive Lab Course	APR 1-2, 2017
Management of Upper Extremity Disorders Online Course	MAR-APR 2017
Management of Cervical and Thoracic Disorders Weekend Intensive Lab Course	FEB 11-12, 2017
Management of Cervical and Thoracic Disorders Online Course	JAN-MAR 2017

Institute of Clinical Excellence: Lumbopelvic Management Course Teaching Assistant

FEB 25-26, 2017

University of South Dakota Department of Physical Therapy

Musculoskeletal Pathophysiology and Differential Diagnosis (3 Credits)

AUG 2016-DEC 2016

Adjunct Faculty- Lead Instructor

Transitional-Doctor of Physical Therapy Program

Web-based interactive learning format

Musculoskeletal Physical Therapy II (Spine)

JUL 2016-DEC 2016

Adjunct Faculty- Lab

Entry-Level Doctor of Physical Therapy Program

Treating Acute Low Back Pain: An Evidence-Based Approach

NOV 2014

The Pain Game Education Series

Sanford Health- Sioux Falls, SD

Low Back Pain: Therapeutic Education and Treatment

Sanford Health Physician Clinics- Sioux Falls, SD

JUN & DEC 2014

Center for Family Medicine

JAN 2015

CLINICAL INSTRUCTOR

University of South Dakota Department of Physical Therapy

JAN-MAR 2017

JAN-FEB 2015

FEB-APR 2012

Creighton University Department of Physical Therapy

JAN-APR 2014

University of North Dakota Department of Physical Therapy

MAR-MAY 2013

NOV-DEC 2012

PROGRAM DEVELOPMENT

Lead Developer- Acute Low Back Pain Program

APRIL 2014-FEB 2015

Sanford Health, Sioux Falls, SD

Based on evidence for the Treatment Based Classification approach

Program design and implementation

- Education of over 20 outpatient orthopedic physical therapists in the related research and treatment techniques
- Education of physicians on a referral process and related research

HONORS

Physical Medicine and Rehabilitation Employee of the Year

2014

Sanford Health- Sioux Falls, SD

CONTINUING EDUCATION

<i>Patient Management Framework & Advanced Clinical Decision Making</i> EIM Manual Therapy Fellowship Program=	JUN-OCT 2017
<i>Therapeutic Neuroscience Education: Educating Patients About Pain</i> International Spine and Pain Institute- Jess Podolak, PT, DPT, TPS	SEPT 2017
<i>Management of Lumbopelvic Disorders Weekend Intensive Course</i> EIM Manual Therapy Fellowship Program- Adam Yoder, PT, DPT, OCS, FAAOMPT	AUG 2017
<i>Pain Sciences and Psychosocial Implications in Musculoskeletal Care</i> EIM Manual Therapy Fellowship Program	MAY-JUN 2017
<i>Management of Upper Extremity Disorders Weekend Intensive Lab Course</i> Evidence in Motion- Mark Shepherd, PT, DPT, OCS, FAAOMPT	APR 2017
<i>Management of Upper Extremity Disorders Online Course</i> EIM Manual Therapy Fellowship Program - Bill Koch, PT, DPT, OCS, FAAOMPT	MAR-APR 2017
<i>Effortless Spinal Manipulation</i> Evidence in Motion- Jeff Moore, PT, DPT, OCS, FAAOMPT	FEB 2017
<i>Low Back Pain Management</i> Institute of Clinical Excellence- Jeff Moore, PT, DPT, OCS, FAAOMPT	FEB 2017
<i>Management of Cervical and Thoracic Disorders Weekend Intensive Lab Course</i> EIM Manual Therapy Fellowship Program - Jason Steere, PT, DPT, OCS, ATC, CSCS, FAAOMPT	FEB 2017
<i>Management of Cervical and Thoracic Disorders Online Course</i> EIM Manual Therapy Fellowship Program - Bill Koch, PT, DPT, OCS, Cert MDT, FAAOMPT	JAN-MAR 2017
<i>Evidence Based Physical Therapy Practice: Part II Advanced Course</i> EIM Manual Therapy Fellowship Program	JUN 2017
<i>Introduction to OMPT and Professional Socialization</i> EIM Manual Therapy Fellowship Program	NOV 2016
<i>Mechanisms of Manual Therapy</i> EIM Manual Therapy Fellowship Program	NOV 2016
<i>Writing Case Reports and Case Series</i> EIM Manual Therapy Fellowship Program	SEPT-OCT 2016
<i>Orthopedic Clinical Specialist Examination Preparation Course</i> Evidence in Motion	MAR 2016
<i>Rotator Cuff and Labral Pathology: Presentation and Post-Operative Rehabilitation</i> Medbridge Education	FEB 2016
<i>Glenohumeral Joint Biomechanics and Rehabilitation Implementation</i> Medbridge Education	FEB 2016
<i>Lumbar Spine: Athletic Low Back Pain</i> MedBridge Education	JAN 2016
<i>Management of the Cervical and Thoracic Spine in Sport</i> Medbridge Education	JAN 2016
<i>Differential Diagnosis and Manual Therapy of the Shoulder</i> International Academy of Orthopedic Medicine (IAOM-US)	NOV 2015
<i>Thrust Joint Manipulation for the Cervical Spine: New Thoughts on Risks and Benefits</i> Medbridge Education	JAN 2015

<i>Hip Osteoarthritis: An Evidence-Based Approach</i> Medbridge Education	DEC 2014
<i>The Eclectic Approach to Clinical Neurodynamics</i> Medbridge Education	NOV 2014
<i>Manipulation Thrust Techniques: Cervical, Thoracic, and Lumbar Spine</i> Medbridge Education	OCT 2014
<i>Teaching People about Pain</i> Medbridge Education	NOV 2014
<i>The Low Back is Having Brain Surgery</i> Medbridge Education	SEP 2014
<i>Orthopedic Excellence- The Spine</i> Orthopedic Exam, Diagnosis, and Treatment: Becoming and Expert Evidence-Based Exam of the Lumbar Spine Evidence-Based Treatment of the Lumbar Spine Evidence-Based Exam of the Thoracic Spine Evidence-Based Treatment of the Thoracic Spine Evidence-Based Exam of the Cervical Spine Evidence-Based Treatment of the Cervical Spine Medbridge Education	JUN-JUL 2014
<i>8th Annual Sanford Sports Medicine Symposium</i> Sanford Health	MAY 2014
<i>Selective Functional Movement Assessment (SFMA) - Advanced Course</i> Functional Movement Systems	APR 2014
<i>Management of Cervico Thoracic Disorders</i> Evidence in Motion Institute of Physical Therapy	JUL-AUG 2013
<i>Management of Chronic Spine Pain</i> Evidence in Motion Institute of Physical Therapy	JUN 2013
<i>7th Annual Sanford Sports Medicine Symposium</i> Sanford Health	MAY 2013
<i>Selective Functional Movement Assessment (SFMA) Certification Course</i> Functional Movement Systems- Kyle Kiesel, PT, PhD, ATC, CSCS	MAY 2013
<i>Management of Lumbopelvic Disorders</i> Evidence in Motion Institute of Physical Therapy	APR-MAY 2013
<i>Management of Upper Extremity Disorders</i> Evidence in Motion Institute of Physical Therapy	AUG-SEP 2012
<i>6th Annual Sanford Sports Medicine Symposium</i> Sanford Health	MAY 2012
<i>Patient Management Framework</i> Evidence in Motion Institute of Physical Therapy	APR-MAY 2012
<i>Management of Lower Extremity Disorders</i> Evidence in Motion Institute of Physical Therapy	JAN-FEB 2012
<i>Evidence Based Practice</i> Evidence in Motion Institute of Physical Therapy	JAN 2012
<i>The Running Course: The Next Step</i> Bryan Heiderscheit, PhD, PT	OCT 2011

<i>5th Annual Sanford Sports Medicine Symposium</i> Sanford Health	MAY 2011
<i>Lumbar Primary Disc Lesions and Sacroiliac Joint Disorders</i> International Academy of Orthopedic Medicine (IAOM-US)	JUN 2010
<i>Functional Biomechanics of the Lower Quarter</i> Christopher Powers, PhD, PT	MAY 2010
<i>4th Annual Sanford Sports Medicine Symposium</i> Sanford Health	MAY 2010
<i>Postoperative Management of Orthopaedic Surgeries</i> Orthopaedic Section, American Physical Therapy Association	DEC 2009
<i>Current Concepts of Orthopedic Physical Therapy</i> Orthopaedic Section, American Physical Therapy Association	JUL 2009
<i>Differential Diagnosis and Manual Therapy of the Shoulder</i> International Academy of Orthopedic Medicine (IAOM-US)	AUG 2008